

# AMERICAN RED CROSS SWIMMING CLASSES

(Expanded descriptions from Recreation News)

## ***Learn To Swim Program***

**\*Parent and Child Aquatics – Level 1:** Ages 6 – 17 months;

**Level 2:** Ages 18 – 3 years old

Basic skills include adjusting to the water environment, showing comfort while maintaining a front or back position in the water and demonstrating breath control, including blowing bubbles or voluntarily fully submerging in water. **\* Parents required to wear a bathing suit and children who are not toilet trained must wear swim diapers. Parents required to be in the water.**

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**Preschool Aquatics -** Ages 3 & 4 years old

Course teaches basic water safety and survival skills and the development of basic swimming skills, helping children gain greater independence and increase their comfort level in and around the water.

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**Level 1 - Introduction to Water Skills: *Helps participants feel comfortable in the water.***

Ages 5 – 6 years old; **1.** Child will enter water independently, using either the ladder, steps, or side, travel at least 5 yards, bob 3 times, then safely exit the water. (Participants can walk, move along the gutter or “swim”.) **2.** Child will glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position. (This part of assessment can be performed with support.)

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**Level 2 – Fundamental Aquatic Skills: *Gives participants success with fundamental skills.***

Ages 5 – 12 years old; **1.** Child will step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position. **2.** Child will move into a back float for 5 seconds, roll to front then recover to a vertical position. **3.** Child will push off and swim using combined arm & leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for 5 body lengths. (You can assist the participant when taking a breath.)

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**Level 3 – Stroke Development: *Builds on swimming skills in deeper waters.***

Ages 6 – 12 years old; **1.** Child will jump into deep water from the side, swim front crawl for 15 yards, and maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

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**Level 4 – Stroke Improvement:** *Develops confidence in the skills learned and improves other aquatic skills.* Ages 7 – 15 years old; **1.** Child performs feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards. **2.** Child swims breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.

**Level 5 – Stroke Refinement:** *Provides further coordination and refinement strokes.* Ages 8 – 15 years old; **1.** Child performs a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards. **2.** Child swims breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards.

**Level 6 – Fitness Swimmer:** *Refines the strokes so participants swim them with ease, efficiency, power, and smoothness over greater distances.*

Ages 9 – 15 years old; **1.** Child swims 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke. **2.** Child jumps into deep water, performs a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.

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**Adult Beginner / Advanced Beginner:** *Course geared towards needs of participants.*

Ages 16 years old & up

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### **Guard Start Program:**

Ages 11 year olds who have completed the 5<sup>th</sup> grade through 15 year olds

**Prerequisites:** *Candidates must be in good health and demonstrate the following skills:*

- *Swim the front crawl for 25 yards continuously while breathing to the front or side.*
- *Tread water for 1 minute using arms & legs.*
- *Submerge and swim a distance of 10 feet underwater.*

### **Course Description:**

*Guard Start is a program designed to begin a foundation of skills, knowledge and attitudes needed for future lifeguards. The program consists of five categories: **Prevention, Fitness, Response, Leadership, and Professionalism.** It provides an effective transition from upper level “Learn to Swim” courses (Level 6) and American Red Cross Lifeguard Training. Guard Start does not give participants the information and skills they need to be certified as a Lifeguard, rather it prepares them for the more advanced courses offered through ARC.*